



# LYNCHBURG PARKS & REC



## ACTIVITY GUIDE FALL 2015

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## A Letter from Kim Payne

It is my pleasure to introduce you to the Fall 2015 Activity Guide and all of the wonderful parks, facilities, programs and community spaces that are offered to our citizens by the Lynchburg Department of Parks and Recreation. Our experience through the recent Great Recession taught us that parks and recreation activities provide an essential public service that promotes healthy living, enhances social equity, and builds community pride. Despite economic challenges, City Council has supported important improvement projects at Miller Center, City Stadium, Riverside Park and the Blackwater Creek Athletic Area, as well as our neighborhood centers and on our trails. New director Jennifer Jones brings significant experience and a fresh perspective to lead the Parks and Recreation Department in building on its tradition of excellence and service.



This program guide is being widely distributed so that all City residents can become familiar with and experience the many amenities, programs and green spaces provided by the Parks and Recreation Department including the Museum System and the Lynchburg Community Market. I hope that you will take some time to browse through the many offerings outlined in this guide; I assure you that you will find something of interest regardless of your age or ability level. Then, sign up and have a great time!

Thank you for supporting a vibrant parks and recreation system that helps to make Lynchburg “A great place to live, work, and play.”

Sincerely,

**Kimball Payne, Lynchburg City Manager**

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## How to Register

Registration for classes and activities can be done in one of the following two ways. Activities with special registration guidelines will be noted in the activity description. \*



### IN PERSON

Visit our offices at Miller Center, 301 Grove Street, to register in person




### ONLINE

[www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com)

## Get Connected




 (434) 455 - 5858

 301 Grove Street  
Lynchburg, VA 24501

 [LynchburgParksAndRec.com](http://LynchburgParksAndRec.com)

 /lynchburgparks

 /lynchburgparks

 /lynchburgparksrec

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\*Refunds will only be considered if requested at least 10 business days prior to the start of the activity and may be subject to an administrative fee for incurred cost. No refunds (full or partial) will be issued to customers who fail to attend an activity/class.

Lynchburg Parks and Recreation complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodations are needed, please tell us upon registration and at least 10 days prior to the activity.

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*stay updated through our monthly email newsletter!*

Sign up today at [www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com).



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## nature programs

### Backyard Bugs

*Ages 5 +*

What's that creepy, crawly bug in your backyard? Find out all about bugs as you explore the trails at Ivy Creek Park. Children must be accompanied by an adult (no additional fee for adult). Register by 9/10.

\$5.00

**Ivy Creek Park**

Sa 9/12	1:00pm - 2:00pm	51100.301
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### Creek Critters

*Ages 5 +*

What critters can you find in the creek? We'll get wet with a hands-on exploration of Ivy Creek. Children must be accompanied by an adult (no additional fee for adult). Register by 9/17.

\$5.00

**Ivy Creek Park**

Sa 9/19	10:30am - 12:00pm	51100.302
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### Early Birds

*Ages 7 +*

Join Dr. Gene Sattler, President of the Lynchburg Bird Club, on a hike where we'll observe songbirds as they make their annual migration. This hike will be on gentle terrain and is great for both beginner and seasoned bird enthusiasts. Children are welcome, but must be accompanied by an adult also registered for the program. Register by 9/24. FREE.

**Peaks View Park**

Sa 9/26	9:00am - 11:00am	51100.306
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### Deck the Halls, Naturally

*Ages 16 +*

Join us for some seasonal fun and learn to assemble wreaths, swags, and centerpieces using natural materials. Each participant will create one masterpiece to take home or decorate the Miller Center! Materials provided. Register by 12/3.

\$4.00

**Miller Center Classroom 306**

Sa 12/5	2:00pm - 4:00pm	51100.304
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### All Hallows' Eve Night Hike

*Ages 5 +*

What stirs in the forest on this special night? Find out who's on the prowl and listen to the night sounds as we hike the trail at Peaks View Park. Bring a flashlight. Children must be accompanied by an adult also registered for the program. Register by 10/28.

\$5.00/person

**Peaks View Park**

F 10/30	7:30pm - 8:30pm	51200.307
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# Nature & Outdoors

## Junior Naturalists: Animal Tracking

Ages 7 to 14

Discover the art and science of tracking and track identification; we'll take a hike to find tracks then make plaster track castings to take home! Register by 11/5.

\$5.00

Ivy Creek Park

Sa 11/7	9:00am - 11:00am	51100.303
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## Junior Naturalists: Holiday Crafts

Ages 7 to 18

Learn to make natural Christmas garlands that are good for wildlife! We'll make popcorn garland, birdseed pine cones, and other natural decorations. Participants will each have a decoration to take home, or decorate a tree in Miller Park! Materials provided. Register by 12/3.

\$5.00

Miller Center Classroom 306

Sa 12/5	10:00am - 12:00pm	51100.305
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## outdoor recreation

## Camp Cookery

Ages 7 +

One of the best parts of camping is dining outdoors. Whether you're backpacking or car camping, we'll teach you some solid cooking methods and recipes that are sure to make your outdoor adventure a delicious success! Come prepared to sample some dishes. Children must be accompanied by an adult also registered for the program. Register by 9/30.

\$4.00 / person

Ivy Creek Park

F 10/2	6:00pm - 7:30pm	51200.310
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## Backpacking: Tips and Tricks

Ages 16 +

This is the indoor event you can't miss if you want to get started backpacking or hiking. We'll discuss gear, trails, and tips for a fun, safe outdoor adventure! Children must sign up with an adult. Register by 10/13. FREE.

Miller Center Classroom 304

Th 10/15	6:00pm - 7:00pm	51200.305
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Located in Miller Center  
at 301 Grove Street

 **NOW FREE!** 

Hours:

Fridays & Saturdays  
Noon – 4:00 pm

Where exploring the wonders of nature is a natural connection!

Visit the Nature Zone at our new location on the lower level of the Miller Center, across from Miller Park. Visit the animals during afternoon feedings, see how they're enjoying their sparkling new home, and learn a thing or two about viewing nature right in your backyard!

The Nature Zone offers something for everyone in the family. Meet some of the "wild" animals including turtles, snakes, and rabbits ... talk with a naturalist about the animals and their homes ... check out the Discovery Drawers and find antlers, rocks, insects, and other natural treasures!

Bring your group to visit the Nature Zone, or a naturalist can bring the Nature Zone to you! Call for rates and scheduling.

For more information:

(434) 455-5828 or  
[nature.zone@lynchburgva.gov](mailto:nature.zone@lynchburgva.gov)

[www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com)

 [facebook.com/NatureZoneLynchburg](https://facebook.com/NatureZoneLynchburg)

# outdoor recreation

## Archery 101: Youth Class

*Ages 8 to 18*

From Katniss to Robin Hood, there are tons of reasons to learn to shoot a bow and arrow! Participants will learn the basics of shooting form, then get hands-on experience shooting at targets. Equipment provided. Register by 10/1.

\$22.00 LR / \$33.00

Fairview Center Athletic Field

Sa 10/3	10:00am - 12:00pm	51200.309
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## Archery 101: Adult Class

*Ages 18 +*

From hunting to competition target shooting, there are plenty of reasons to try your hand at archery! Learn the basic elements of archery including parts of the bow, shooting form, and try out several different types of bows. All equipment provided. Register by 10/1.

\$22.00 LR / \$33.00

Fairview Center Athletic Field

Sa 10/3	12:30pm - 2:30pm	51200.308
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## Fishing Fun for Kids

*Ages 6 to*

Learn to fish with Master Naturalist Bill Plyler. Learn basic knot tying, casting, and practice catch and release fishing off the pier. Gear and bait supplied. All children must be accompanied by an adult (no fee for adult). Register by 9/10.

\$5.00

Ivy Creek Park

Sa 9/12	11:30am - 12:30pm	51200.302
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## Fishing Fun for Adults

*Ages 16 +*

Learn to fish with Master Naturalist Bill Plyler. Learn basic knot tying, casting, and practice catch and release fishing off the pier. Gear and bait supplied. Virginia fishing license required. Register by 9/10.

\$5.00

Ivy Creek Park

Sa 9/12	10:00am - 11:00am	51200.301
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## Day Hike: Crabtree Falls

*Ages 16+*

Enjoy the tallest waterfall in Virginia as you hike along the streams and cascades on this moderately difficult 4-mile hike. Pack your lunch. Transportation provided. Register by 10/15. FREE!

Sa 10/17 9:00am-4:00pm 51200.306

## Learn to Kayak: Adult Class

*Ages 16 +*

Learn the basics of flat water kayaking and practice your new skills on the lake at Ivy Creek Park. Kayaks, paddles, and PFDs provided. Rain date 9/19. Register by 9/10.

\$20.00

Ivy Creek Park

Sa 9/12	10:00am - 12:00pm	51200.303
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## Learn to Canoe: Parent-Child Class

*Ages 8 +*

Learn the basics of flat-water canoeing and practice your new skills on the lake at Ivy Creek Park. Canoes, paddles, and PFDs provided. Parent and child must both register for the class. Rain date 9/19. Register by 9/10.

\$15.00/person

Ivy Creek Park

Sa 9/12	3:00pm - 5:00pm	51200.311
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## Learn to Canoe: Adult Class

*Ages 16 +*

Learn the basics of flat-water canoeing and practice your new skills on the lake at Ivy Creek Park. Canoes, paddles, and PFDs provided. Rain date 9/19. Register by 9/10.

\$20.00

Ivy Creek Park

Sa 9/12	12:30pm - 2:30pm	51200.304
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# EXPLORE IVY CREEK PARK

118 Clemmons Lake Place

Enjoy the serenity of Ivy Creek Park's Clemmons Lake. Whether you venture out on the water in a canoe or kayak, fish from the pier, or enjoy a picnic lunch on the shore, you're sure to enjoy the day! Visit the Cabin at Ivy Creek Park, featuring a mini-nature center highlighting our native wetland and aquatic habitats. Check out an "Explore Backpack" during your visit to the park. Perfect for kids who love to investigate, each pack contains a magnifying glass, net, bug containers, and animal ID cards.

## NEW!!! TROUT AND CATFISH AT CLEMMONS LAKE

The lake at Ivy Creek Park is now stocked with trout and catfish through the Virginia DGIF Urban Fishing Program. For additional information visit [www.dgif.virginia.gov/fishing](http://www.dgif.virginia.gov/fishing).

## CANOE & KAYAK RENTALS

Through September

Saturdays, 10:00am – 5:00pm

Sundays, 1:00pm – 5:00pm

Canoes \$8/hour Kayaks \$6/hour

Call to schedule group canoe rentals, birthday parties, and canoe instruction

## NATURE AND ADVENTURE PROGRAMS

Schedule a Naturalist visit or a program in the park or Nature Zone. Live animal, environmental education, and adventure programs available for your group.

Call for scheduling and program information: (434) 455-5828



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## Let's Party!

Looking for a wild adventure for your child's birthday? Why not try an **Animal Safari** or **Dinosaur Safari** at the Nature Zone ... or schedule an outdoor adventure at Ivy Creek Park with a **Nature Scavenger Hunt**, **Orienteering**, **Letterboxing**, or **Canoeing**! **Call (434) 455-5828 for details.**



# VIRGINIA DARE CRUISE

SATURDAY, OCTOBER 10  
9:30AM - 3:00PM

Travel to scenic Smith Mountain Lake where you will board the *Virginia Dare* for a 2 hour luncheon cruise. While on the lake, enjoy a delicious banquet style lunch, view the beautiful fall foliage, and relax with friends and family.

Trip departs from Miller Pool parking lot, Park Avenue entrance, at 9:30am and returns to Lynchburg by 3:00pm. Call Beth Jones for more information, 434-847-1751. Register by 9/21. No refunds issued after this date. For ages 12 and up with supervision.

**\$68.00**

# PEAKS OF OTTER WINERY AND LODGE TRIP

SATURDAY, NOVEMBER 14  
10:00AM - 4:00PM

Join us for a day trip to beautiful Bedford, Virginia as we travel to the Peaks of Otter Winery where you can sample wines, tour the farm, enjoy the farm animals, and view the barn quilts on display. From there, take in the beautiful mountain scenery as we drive to the Peaks of Otter Lodge for lunch (on your own). Following lunch, visit the National D-Day Memorial. Trip departs from Miller Pool parking lot, Park Avenue entrance, at 10:00am and returns to Lynchburg by 4:00pm.

Call Beth Jones for more information, 434-847-1751. Register by 11/2. No refunds issued after this date. For ages 21 and up.

**\$50.00**

## VETERANS APPRECIATION LUNCHEON

Tuesday, November 10  
11:00 am - 1:00pm  
Moose Lodge 715 on Lakeside Dr

Join us as we salute the men and women who have so proudly served our country. Enjoy the comradery, buffet lunch, door prizes, entertainment and moving remarks from our area Veterans.

**Free tickets to all Veterans who register by 11/6**

Non-Veterans Tickets \$6.00,  
on sale 10/13 - 11/6.

**Call 455-4115 for tickets**

## MAHJONG FUN DAY

Thursday, November 12  
9:00 am - 3:00pm  
Templeton Senior Center

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game.

Newcomers are encouraged. Door prizes and lunch provided.

Come by and play on Thursdays from 9:30am-12:30pm and practice up for this big day!

**Register by 11/10. \$10.00**  
**Call 455-4115 for more info**

## PARENTS Night Out

Friday, Oct 9 and Dec 18  
5:30 pm - 8:00pm  
Miller Center

Parents! Do you need a Friday night off to yourself for whatever you want? If so, let us help.

Activities include: movie in the large theater, take home crafts, dancing, board games, and snacks to keep your child moving and engaged while enabling you to run errands or relax!

Drop off and pick up at the first floor, Miller Center Community Room, Wadsworth Street entrance. Register by the Tuesday before. Open to kids ages 8 to 13.

**\$10.00**

# MOVIE IN THE PARK!

FRIDAY  
OCT 2

RIVERSIDE  
PARK

Join us for a  
FREE showing of

**THE PRINCESS BRIDE**

Find out more at  
[www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com)

## The Billy Goats Gruff

Saturday, November 14 2:00pm - 3:00pm  
Miller Center Theater

Miller Center presents Opera on the James in a family-friendly one-act production, *The Billy Goats Gruff*, performed by the Tyler Young Artists, a quartet of emerging professional opera singers. Revisit the familiar fairy tale through opera, with music by Mozart and other great composers. Then, meet the characters at an informal post-performance reception.



**THURSDAYS**  
**11AM - 2PM**  
**NOW THROUGH OCTOBER 29**

# LYNCHBURG COMMUNITY MARKET

*Come experience one of the nation's oldest markets!*



**OPEN**  
YEAR-ROUND



**TUES - SAT**  
★★ 7am - 2pm ★★



**FARMERS MARKET**

**SATURDAY 7am - 2pm**  
**WED 10am - 2pm (SEASONAL)**

Located in downtown Lynchburg, the market plays a vital role in our beautiful downtown as a community gathering place and offers the very best products from our region. Stop by to see what keeps us **LOCAL AND PROUD.**

## FARMERS & ARTISAN FOODS

The Lynchburg Community Market proudly continues its age-old tradition as the place to go for farm-fresh produce. Every Saturday year-round and Wednesdays in season, come get the very best in fresh produce, fruit, meat, cheese, plants, baked goods, and specialty foods. Talk to our local producers and share in the food traditions of our region that have remained at the heart of our historic market.

## RESTAURANT AND SHOPS

Open five days a week inside the market, these hometown favorites include locally owned restaurants, a bakery, cheese shop, coffee roaster, and shops just as unique as their beloved proprietors. Enjoy country and ethnic cuisines or sip a fresh cup of coffee and nibble on a made from scratch croissant.

## ARTS & CRAFTS

Inside the market you will find the cooperative artist space where crafters and artists alike sell their handmade creations inspired by our region. Wander through the aisles Tuesday through Friday from 9am-2pm and Saturday from 7am-2pm and you may even be able to meet the artist or crafter or see a demonstration of their work. There is a wide selection ranging from fine jewelry to goats milk soaps, to hand-thrown pottery and porcelain, to local photography and paintings. Come by and visit!

## LYNCHBURG *is for* LOCAVORES

The Lynchburg Community Market is home to some of the best local food in the region. Eating locally is important for so many reasons, which is the focus of our new **Lynchburg is for Locavores** program. From now through October, look out for our new **chef demonstrations** on Saturdays at 9am, our **weekly blog posts** with tips and recipes on featured produce items, and our new Lynchburg is for Locavores shirts, bags, aprons and bumper stickers.

[www.lynchburgcommunitymarket.com](http://www.lynchburgcommunitymarket.com)

1219 Main Street | Lynchburg, VA 24504 | (434) 455-4485



Are you a local food enthusiast? Share your local food creations and adventures with us on Instagram with the **#LynchburgIsForLocavores** hashtag.





## youth athletics

### Youth Basketball

Ages 9 to 18

Cheer for your all-star on the court this winter! This league is perfect for those just learning the game, as well as those who are looking to continue developing their skills. Practices begin in December and games are scheduled to begin in January. All registration must be done in-person for first-time registrants. Those who have played previously can register online. Please note that birth certificates are required at the time of registration. Registration will be held on the dates below and during office hours at the Parks & Rec administrative offices. Participants who register after Saturday, November 14th may be accepted if space allows and are subject to a \$5 late fee. Late registrants will be assigned to the next available team. Registration held at the Miller Center. Age as of 12/31/15.

\$50.00 LR / \$65.00

#### Registration at the Miller Center

Registration	11/3, 11/5	5:00pm - 7:00pm
Registration	11/7, 11/14	12:00pm - 3:00pm

#### Drafts at Sandusky Middle School

Boys 9-10	Tu, 11/17	6:00pm
Boys 11-12	W, 11/18	6:00pm
Girls	Th, 11/19	6:00pm
Boys 13-14	M, 11/23	6:00pm
Boys 15-18	Tu, 11/24	6:00pm

#### Important Dates

Practices	12/7 - 12/18
Games	Saturdays starting 1/2/2016

#### Registration Codes

Boys 9-10	31031.301	Girls 9-10	31031.302
Boys 11-12	31031.303	Girls 11-12	31031.304
Boys 13-14	31031.305	Girls 13-14	31031.306
Boys 15-18	31031.307	Girls 15-18	31031.308

### Team Sideline

For league sports, find your schedules, scores and standings at [Teamsideline.com/lynchburg](http://Teamsideline.com/lynchburg).



## Youth Basketball Instructional Program - Coed

*Ages 7 & 8*

Your child will have a great time learning new skills and improving their knowledge of one of the most popular sports in the world. Each week they will spend time learning the fundamentals of the game, working on skills and then playing no pressure scrimmages to get them ready for the next level. All activities will take place on a lowered rim to make it easier and more enjoyable. Participants who register on or after 1/5 may be accepted on a space available basis and are subject to a \$5 late fee. Register by 1/5.

\$50.00 LR / \$65.00

### City Armory

Sa 1/9 - 2/6	10:00am - 11:00am	31033.101
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## Free Youth Open Gym

*Ages 10 to 16*

City Armory	M 9/14 - 11/16	6:00pm - 8:00pm
Dunbar Middle School	Tu 9/15 - 11/17	6:00pm - 8:00pm
Armstrong Place Gym	W 9/16 - 11/18	6:00pm - 8:00pm
Linkhorne Middle School	Su 9/13 - 11/22	3:00pm - 5:00pm

## Partner Organizations

Lynchburg Parks & Recreation is proud to partner with the six organizations below to offer additional athletic programming for the Lynchburg community. Visit the websites below to learn more!



Blue Ridge Lacrosse Club  
[www.blueridgelax.org](http://www.blueridgelax.org)



Central Virginia United  
[www.centralvirginiaunited.com](http://www.centralvirginiaunited.com)



Central Virginia Volleyball Association  
[www.playhov.com](http://www.playhov.com)



Hill City Youth Football and Cheerleading  
[www.hcyfc.com](http://www.hcyfc.com)



Lynchburg Little League Baseball  
[www.lynchburglittleleague.com](http://www.lynchburglittleleague.com)



Lynchburg Tennis Patrons Association  
[www.lynchburgtennis.org](http://www.lynchburgtennis.org)

## Over Under Kickball

*Ages 5 to 12*

Have your child join us in this fun and active version of kickball, where everybody kicks, everybody runs, and there are no "Outs". Teamwork is encouraged as everyone on your team must work together passing the ball "Over and Under" to limit how many points the other team can score on each kick. Register by 9/4.

\$16.00 LR / \$24.00

### Peaks View Park

Ages 5 - 8	Tu 9/8 - 9/29	6:00pm - 7:00pm	31060.301
Ages 9 - 12	Tu 9/8 - 9/29	7:00pm - 8:00pm	31060.302

## Girls Instructional Softball

*Ages 5 to 8*

Your daughter will have a great time while they practice their skills and learn about the fun game of softball. They will learn all about the fundamentals of the game such as catching, throwing, hitting, fielding, & base running. Each week they will spend time on skills and then play no pressure scrimmages to get them ready for the next level. Register by 9/9.

\$35.00 LR / \$45.00

### Peaks View Park

Sa 9/12 - 10/24	11:00am - 12:00pm	31010.301
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## CHALLENGED SPORTS EXCHANGE

A variety of recreational and sports activities are available for individuals with developmental disabilities and/or physical challenges in the Central Virginia region through the Challenged Sports Exchange (CSE). Monthly movies are shown at Lynchburg Parks and Recreation's Miller Center.

CSE partners include: Lynchburg Parks and Recreation Department, ARC of Central Virginia, Grace Church, and VSA Arts of Virginia.

**FOR CALENDARS, NEWSLETTERS OR ADDITIONAL INFORMATION CONTACT:**

434-455-1178 | [cseleague@gmail.com](mailto:cseleague@gmail.com)  
[www.ChallengedSportsExchange.com](http://www.ChallengedSportsExchange.com)



# BUBBLE SOCCER

*Ages 18 +*

Be the first in Lynchburg to try this fun and exhilarating new sport! A cross between soccer and “Zorbing”—a sport that involves rolling downhill in a giant plastic orb—Bubble Soccer puts a hilarious twist on traditional soccer. While attempting to score goals against their opponents, players wear “Battle Balls” and try to knock each other down in the process.

Played on an artificial turf field at City Stadium, the game begins much like a competitive version of Dodgeball. Teams of five players rush into the center to find and kick a soccer ball through their Battle Ball suit while knocking down their opponents. Meetings and registration are held at Miller Center.

\$200.00 Team Fee / + \$15.00 per Non-Resident

## City Stadium

Organizational Meeting	9/22	6:30pm
Registration	10/6 - 10/8	4:00 pm- 6:00pm
Practices	10/19 - 10/23	
Games	10/25 - 11/15	

## adult athletics

### Adult Volleyball

*Ages 18 +*

Join us for this fun and competitive recreation league. Teams will play a 12-match (5-games per match) schedule with one match per week starting at 7:00pm or 8:30pm. The top four teams will play a single elimination tournament with the best three out of five games to determine a City Champion. All meetings and registration will take place at Miller Center, 301 Grove Street.

\$400.00 Team Fee / + \$15.00 per Non-Resident

#### Important Dates

Advisory Team Meeting	9/15	6:00pm
Organizational Meeting	9/22	6:00pm
Season	Nov 2015 - Apr 2016	

#### Registration

Returning Teams	9/28 - 10/2	4:00pm - 6:00pm
New Teams	10/5 - 10/7	4:00pm - 6:00pm

### Ultimate Frisbee Hat Tournament

*Ages 15 +*

It's all for fun! Come and participate in this open tournament. All skill levels are welcome, everyone plays, and teams are chosen by a random drawing according to how individuals rate their skill level. There will be multiple games throughout the day, and prizes will be awarded to the first place team. Register and pay by day of play.

\$5.00

#### Peaks View Park Fields 8 and 9

Su 10/18	9:30am - 4:00pm	73709.321
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### Disc Golf Clinic

*Ages 18 +*

Take advantage of Peaks View Park's disc golf course and learn the basic skills needed to play this adventurous outdoor sport. Focus will be on throwing technique and envisioning the flight pattern. Bring your own discs if possible, but a few will be provided on site. Register by 9/11.

\$10.00

#### Peaks View Park Ivy Creek Lane Entrance

Jonathan Mast

M 9/14	10:00am - 12:00pm	74007.311
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# fifty-plus athletics

## Fifty-Plus Softball

*Ages 50 +*

All skill levels are invited to participate in this great team sport. Co-ed games focused on fun, fitness and friendly competition. Register and pay monthly by the first day of play.

\$10.00

**Peaks View Park Field 1**

WF 9/2 - 9/30	9:00am - 11:00am	73702.310
WF 10/2 - 10/30	10:00am - 12:00am	73702.320

## Fifty-Plus Pickleball

*Ages 50 +*

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you the opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd. Register and pay monthly by the first day of play.

\$10.00

**Pleasant View Baptist Church**

Th 9/3 - 9/24	2:00pm - 5:00pm	73703.301
Th 10/1 - 10/29	2:00pm - 5:00pm	73703.320
Th 11/5 - 11/19	2:00pm - 5:00pm	73703.330
Th 12/3 - 12/31	2:00pm - 5:00pm	73703.340

# Volunteer

If you have a volunteer idea that's not listed, let's talk about it.  
Call us at (434) 455 - 5886.

Become a volunteer and make a difference in our community! Last year over 500 people donated over 16,000 hours with Parks & Recreation to make Lynchburg a better place to live, work, and play. Contribute your time and talents while learning a new skill, advancing your career, staying active, and meeting new people. Volunteer as an individual or be part of a team effort on a one-day project or commit to an ongoing assignment.

## VOLUNTEER OPPORTUNITIES

- Events
- Nature Zone
- Photographer
- Center Assistant
- Speaker or Instructor
- Athletic Coaches and Assistant Coaches

# Adopt-a-Trail

Lynchburg has nearly 30 miles of hiking and biking trails to enjoy. Your help once or twice a year keeping these trails free of debris is needed. Groups, families, and individuals are able to adopt sections of the trail system. The Parks and Recreation Department provides equipment, supplies, and a short orientation to the program. We all gain from your help to sustain our treasured resources.

**Call 455-5886 to adopt your trail.**

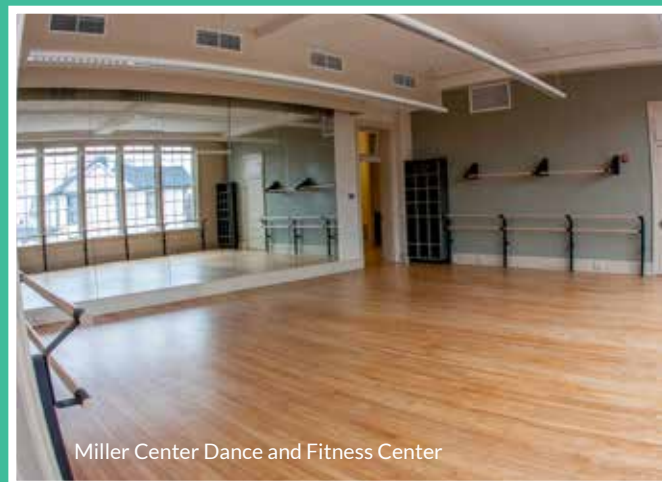
# Community Recreation Centers

## Miller Center

301 GROVE ST  
(434) 455 -5858

Located in the heart of the Midtown neighborhood, Miller Center opened to the public again in January after a two-year renovation process. Now one of the greenest, most energy efficient buildings in the City of Lynchburg, Miller Center is also home to a new 186-seat theatre, beautifully renovated classrooms, a commercial kitchen, and the Nature Zone Environmental Education Center. The historic building also houses the main administrative offices of Parks and Rec and is completely accessible with a new elevator, improved walkways and parking, as well as a new pedestrian crossing into historic Miller Park near the Aviary.

Many recreation programs are offered at Miller Center, including arts, dance, theatre, fitness, naturalist, and enrichment. You will find Miller Center classes and activities listed throughout this guide, but make sure to sign up for our email newsletter at [www.lyncburgparksandrec.com](http://www.lyncburgparksandrec.com) to get monthly updates on all the happenings!



## Templeton Senior Center

225 WIGGINGTON RD  
(434) 455 - 4115

Templeton Senior Center serves seniors and adults of all ages in the Lynchburg area. This location has been a gathering place in the community since 2004 and offers participants a great place to meet and have fun. Stop by Templeton for a game of bridge, canasta, mahjong or engage in a lively discussion on current issues or American literature. Looking for something a little more active? Templeton offers Zumba, yoga, and cardio fit & tone classes and supports the softball, bowling, Pickleball, and Putt Putt activities at off-site locations. For those of you looking to explore your creative side, why not try beading, watercolors, botanicals, oils or acrylic painting.

So much is happening at this fantastic community center. Find the Templeton Senior Center classes listed through this guide, or stop by the center to pick up a Templeton calendar for a full list of activities, including special interest groups. Visit us on Facebook at [facebook.com/TempletonSeniorCenter](https://facebook.com/TempletonSeniorCenter). We hope to see you soon!

## The Art Studio at Jackson Heights

720 WINSTON RIDGE RD  
(434) 455 - 4001

Stained glass artists and pottery enthusiasts throughout Central Virginia enjoy this quaint Art Studio located within minutes of the 460 bypass. Pottery enthusiasts enjoy the studio as it is equipped with multiple potter's wheels, slab roller table, extruder, clay, and a variety of glazes for making the most intricate of pottery projects.

Stained Glass artists work diligently in classes or during the Open Studio Time with the provided grinders and light boxes using tools to make the colorful stained glass pieces. This center is easily accessible for all and has a newly lighted parking area. Look for stained glass and pottery classes in the Arts section of this guide.

# LYNCHBURG'S FIRST PLAYGROUND

## *The Beginnings of Parks and Recreation* Written by Karissa Marken

In a year filled with momentous events, 1914 witnessed the start of World War I, Babe Ruth's first major league baseball game, the establishment of the Federal Trade Commission and Federal Reserve System, and the debut of red and green traffic lights. In the midst of these changes, Lynchburg jumped on a new idea that was only beginning to gain traction in America: public recreation. With the launch of the Association of Playgrounds that year, Lynchburg became Virginia's second city to have a public recreation program, following the lead of Richmond, whose own program was only a year old. At its inception, the association consisted of the superintendent of the department, one playground director, and one playground.

A public playground where children throughout the neighborhood could safely play was the dream of Mrs. Bertha Guggenheimer, and she donated the Guggenheimer house and a parcel of land at 1914 Grace Street to be used for that purpose. The playground was named in memory of her deceased daughter, Mrs. Cecile Guggenheimer-Milliken, and remained in use for 58 years.



her dream and vision for creating places where children could play safely, the City of Lynchburg dedicated a memorial to Bertha Guggenheimer in 1934 at the playground.

The old Guggenheimer house burned and a new community center was built in its place in 1935. In 1936, Lynchburg experienced an abnormal amount of snowfall. The Recreation Department attributed the snow on the ground to the "large increase" in playground attendance from the previous year, noting that "sleigh riding tracks" were maintained under the supervision of the playground director. Other winter activities included building snow forts and having snowball fights. As the Recreation Department expanded,

it began to host annual holiday events at each playground, including Guggenheimer-Milliken. The community center there drew crowds of people on Valentine's Day, St. Patrick's Day, Easter, April Fools, Memorial Day, 4th of July, Labor Day, Halloween, Thanksgiving, and Christmas.



The Guggenheimer-Milliken playground quickly became the center of social life for children in the Diamond Hill and nearby areas. By the early 1920s, over 30,000 children came to the playground each year to swing, slide, and play in the sandbox. The playground also had a baseball field and tennis courts. The playground's football team took advantage of the playground to practice their sport and basketball hoops and jumping standards offered recreation for children and adults alike. In 1927, the

annual city report noted that at Guggenheimer-Milliken, the children had "secured several golf clubs and balls and constructed a temporary four-hole golf course that was in use constantly during the summer."

As the department expanded and other playgrounds were created, inter-playground tournaments became an annual fall event. Teams practiced at each playground during the summer, perfecting their skills in horseshoes, volleyball, tennis, croquet, marbles, and any other sport or game people were interested in. As teams participated in the tournament for the pride of their playground, competition grew fierce.



Sports were not the only forms of entertainment at the playground. Following its donation in 1914, the Guggenheimer house was converted into a community center and at its height, was used for community socials, club meetings, church gatherings, tea parties, and community sings. Story hours were held in the center and table games offered indoor amusement for children. During the playground's earliest years, a public school kindergarten was also located in one room of the house,

and in 1922, a library was opened. The library operated as a branch of the Jones Memorial Library and it reached a peak circulation of over 17,000 books in 1944. Circulation declined steadily after that, and the library was eventually closed.

In 1929, the city used the building to host the National Music Week program and in the 1930s, tap dancing classes were regularly offered. Drama and musical clubs met on the premises, and puppet shows were also wildly popular. By the early 1930s, the drama clubs had to hold multiple performances to accommodate the large crowds. In honor of

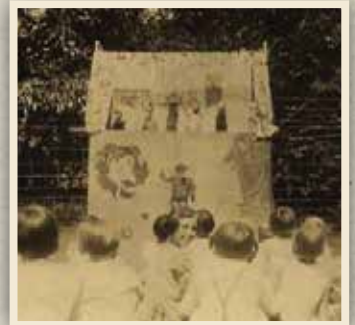
In 1927, the Guggenheimer-Milliken public swimming pool opened and featured a bath house and a sand beach. The department noted in a monthly report that the pool had a "diving tower, guard boxes, scum gutters, chlorinating plant, and electric lights." Swimming classes were offered twice a week, and in the first year of operation the pool averaged more swimmers per day than the larger pool at Miller Park. Interest in the pool waned in the following years and several times over the next decade the seasonal opening of the pool was delayed due to the need for "extensive repairs". In 1935, the pool was so badly vandalized it did not open until July 17, and it closed on July 30 that year due to "small patronage and barring of children to the pool due to the infantile paralysis (polio) outbreak." During the early 1940s, pool usage continued to drop and the pool closed in August 1944 following another infantile paralysis epidemic.

Attendance at the Guggenheimer-Milliken playground peaked in 1942 when 183,000 people used the playground, ball fields, pool, and recreation center. While population shifts, World War II, and the changing post-war society caused attendance at Guggenheimer-Milliken to decline after 1942, the quest for modern progress eventually became the playground's undoing.

In 1953, the new Lynchburg Expressway was built through the playground's land, reducing the amount of field space available and forcing the community center building to be moved. By the mid-1950s, attendance had slumped to under 20,000 and in the 1960s, the playground averaged only 15,000 visitors each year. Attendance continued to decline and the community center closed in 1972.

Over its 58 years, the Guggenheimer-Milliken playground served over 2,875,000 visitors. On the land where children once ran and played and adults met and socialized, thousands of cars now drive daily. From its humble beginnings as a single playground on Grace Street, Lynchburg's Parks and Recreation department today oversees 18 parks on 850 acres of land.

By Karissa Marken, Lynchburg Museum, July 17, 2015



# Health & Fitness

## Zumba! for Everyone!

### Zumba @ Miller

*Ages 18 +*

Experience a total workout, focusing on cardio, muscle conditioning, balance and flexibility while moving to a variety of great music. Register and pay by the first class.

\$24.00 LR / \$36.00

**Miller Center Classroom 207** **Kirstin Eubank**

Tu Th 9/1 - 9/29	5:30pm - 6:15pm	27005.310
Tu Th 10/1 - 10/29	5:30pm - 6:15pm	27005.320
Tu Th 11/3 - 11/24	5:30pm - 6:15pm	27005.320
Tu Th 12/1 - 12/29	5:30pm - 6:15pm	27005.340
no class 12/24		

### Zumba @ Noon

*Ages 18 +*

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance, flexibility, and boosted energy. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

**Templeton Senior Center** **Gulshan Ari**

Tu Th 9/1 - 9/29	12:00pm - 12:45pm	74205.310
Tu Th 10/1 - 10/29	12:00pm - 12:45pm	74205.320
Tu Th 11/3 - 11/24	12:00pm - 12:45pm	74205.330
no class 11/26		
Tu Th 12/1 - 12/29	12:00pm - 12:45pm	74205.340
no class 12/24		

### Zumba PM

*Ages 18 +*

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of fun every time you go to class. No class 9/7. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

**Templeton Senior Center** **Kirstin Eubank**

M W 9/2 - 9/30	5:00pm - 5:45pm	74208.310
M W 10/5 - 10/28	5:00pm - 5:45pm	74208.320
M W 11/2 - 11/30	5:00pm - 5:45pm	74208.330
M W 12/2 - 12/30	5:00pm - 5:45pm	74208.340

### Zumba Kids

*Ages 4 to 12*

Zumba Kids classes are rockin', energetic classes geared for younger Zumba fans. The structure will feature kid friendly routines based on original Zumba choreography. The kids "jam" to great music, play games, and discover cultural exploration. Class helps develop a healthy lifestyle through fitness and incorporates development elements such as leadership, respect, team work, and self esteem. Register 3 days in advance.

\$24.00 LR / \$36.00

**Miller Center Classroom 207** **Kirstin Eubank**

*Ages 4 - 8*

Tu 9/8 - 10/13	4:30pm - 5:15pm	27005.311
Tu 11/10 - 12/15	4:30pm - 5:15pm	27005.331

*Ages 9-12*

Th 9/10 - 10/15	4:30pm - 5:15pm	27005.312
Th 11/12 - 12/17	4:30pm - 5:15pm	27005.322

## fitness

### Tabata For Fitness

*Ages 18 +*

Tabata training is a High Intensity Interval Training (H.I.I.T) workout where you push yourself as hard as you can for 20 seconds and rest for 10 seconds until you complete eight sets. This high energy fitness combined with stretching gives you a total workout. Register by 10/2.

\$24.00 LR / \$36.00

**Miller Center Classroom 207** **Mary Harris**

M W 10/5 - 10/28	5:30pm - 6:30pm	27006.320
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### Soul Line Dancing Workshops

*Ages 10 +*

Want to get fit and have fun dancing at the same time? Join us as we learn a variety of social dances - slides and shuffles - set to soul and pop music. Great to know for wedding receptions, reunions, and other social events. Designed for adults. Children ages 10 and up may register with their responsible adult caregiver. Bring a water bottle and tennis shoes.

\$5.00

**Miller Center Classroom 207** **Desiree Ferguson**

Sa 9/12	1:30pm - 2:30pm	66300.302
Sa 10/10	1:30pm - 2:30pm	66300.303

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## Cardio Fit & Tone

*Ages 18 +*

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps. Register and pay monthly by the first class.

\$24.00 LR / \$36.00

Templeton Senior Center		Mary Harris
Tu Th 9/1 - 9/29	5:30pm - 6:30pm	74209.310
Tu Th 10/1 - 10/29	5:30pm - 6:30pm	74209.320
Tu Th 11/3 - 11/24	5:30pm - 6:30pm	74209.330
Tu Th 12/1 - 12/29	5:30pm - 6:30pm	74209.340

## Intro to Kickboxing for Fitness

*Ages 18 +*

If you're tired of your old fitness routine then come out and try kickboxing for a change. Kickboxing is a group of stand-up combat sports based on kicking and punching, historically developed from karate, Muay Thai, Taekwondo and Western boxing. While kickboxing is practiced for self-defense, this class is for general fitness. No class on 9/7. Register by 9/2.

\$24.00 LR / \$36.00

Miller Center Classroom 207		Mary Harris
M W 9/2 - 9/30	5:30pm - 6:30pm	27006.310

## Fairview Fitness

*Ages 50 +*

Enjoy low-impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Register by Friday before.

\$24.00 LR / \$36.00

Fairview Center		Jan Baker
M W F 9/2-9/30	11:45am - 12:30pm	63300.310
M W F 10/2-10/30	11:45am - 12:30pm	63300.320
M W F 11/2-11/30	11:45am - 12:30pm	63300.330
M W F 12/2-12/30	11:45am - 12:30pm	63300.340



## Energizing Yoga

Ages 18 +

This class will connect breathing, movement, and mindfulness. Improve your flexibility and strength while enhancing balance. Focus will be on foundational poses, sun salutations and stretches. Bring your yoga mat and stretch your limits. Register by the Monday before.

\$24.00 LR / \$36.00

Daniel's Hill Center		Jan Baker
Th 9/3 - 9/24	11:00am - 12:00pm	63300.311
Th 10/1 - 10/29	11:00am - 12:00pm	63300.321
Th 11/5 - 11/19	11:00am - 12:00pm	63300.331
Th 12/3 - 12/31	11:00am - 12:00pm	63300.341

## SCHOLARSHIPS

Here at Lynchburg Parks and Recreation, our goal provide access our recreation programs for all local citizens. If you're a Lynchburg City resident in need of financial assistance to participate in Parks & Recreation programs, you and your family members may qualify for a scholarship.



Applications are available on our website, at any of our community centers, or at our office at Miller Center. Applications must be submitted in-person, before you register, and 5 business days prior to a registration deadline.

## Yoga

Experience the benefits of yoga as you work on stretching, breathing and holding postures. Register by the Sunday before.

\$24.00 LR / \$36.00

Ages 18 +

Miller Center Classroom 207		Paul Webb
W 9/9 - 9/30	10:00am - 11:00am	27001.310
W 10/7 - 10/28	10:00am - 11:00am	27001.320

Ages 50 +

Templeton Senior Center		Deborah W Ladd
Tu 9/1 - 9/29	8:15am - 9:05am	74203.310
Tu 10/6 - 10/27	8:15am - 9:05am	74203.320
Tu 11/3 - 11/24	8:15am - 9:05am	74203.330
Tu 12/1 - 12/29	8:15am - 9:05am	74203.340

## Pilates

Ages 18 +

Pilates is a form of exercise which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement and improved health and well-being. All skill levels welcome. Register by the Saturday before.

\$24.00 LR / \$36.00

Miller Center Classroom 207		Andrea Neiman
Tu Th 9/3 - 9/29	11:30am - 12:30pm	27006.312
Tu Th 10/1 - 10/29	11:30am - 12:30pm	27006.322



## YOGA IN THE PARK

**SATURDAYS • 8:30AM- 9:30PM**

**SEPT 12 - OCT 24**

**RIVERSIDE PARK • FREE**

Start the morning with Yoga Goodness Studio's owner Cyndi Lee, founder of the world-renowned OM yoga center in NYC. Each week's class will be taught by Cyndi or another yoga teacher from Lynchburg's new Yoga Goodness Studio. Breathe in the fresh air and enjoy the beauty of yoga outdoors at Riverside Park.

**No registration is required.  
Bring your own yoga mat.**

# Wellness

## CPR, First Aid & AED Certification

Ages 15 +

Participants learn and demonstrate their technical skills and must successfully pass the written test with a minimum score of 80 for completion. Certification earned is valid for two years. Space is limited. Register by 9/11.

\$75.00 LR / \$90.00

Miller Center Classroom 304

W 9/16	6:00pm - 9:00pm	34002.301
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## Wellness Series: Chronic Disease Self-Management

Ages 18 +

Learn helpful tips to manage your pain and improve the quality of your life in this six-week course. Trained instructors bring you valuable information on goal-setting, problem solving, decision-making, healthy eating, and coping with fatigue and pain. In addition, learn how to prevent falls and improve balance, evaluate new treatments and communicate effectively with family, friends and health professionals. Register by 9/14.

Templeton Senior Center

Th 9/17 - 10/22	9:00am - 11:30am	74009.310
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## Hands Only CPR Instruction

Ages 12 +

Gain CPR skills to save a life! Learn what to do during a cardiac emergency using compressions only. Participants are encouraged to take a CPR Anytime Kit home to share the skills with others. This is not a certification course. Register two business days before class. FREE.

Miller Center Classroom 308

Th 10/22	4:00pm - 5:00pm	27006.325
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W 11/4	5:00pm - 6:00pm	27006.335
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## Wellness Series: Flu Shot Clinic

Ages 18 +

Flu shots are available courtesy of Walgreens and will be administered by their pharmacist. Free for Medicare participants. Be sure to bring your card. \$25.99 for all others. Pay on site to Walgreens. Call by 10/16 to register for a time.

Templeton Senior Center

M 10/19	10:30am - 12:30pm	74009.320
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# CUSTOM PROGRAMS

The Nature Zone

Are you looking for an activity, class, or program suitable for groups? We offer programs designed for everyone and every occasion-from schools, organizations and Scouts, to neighborhoods, social clubs and family reunions. Parks and Rec staff can customize a program to fit your needs. Use your own location, or join us at one of Lynchburg's parks, trails, or recreation centers. We provide all materials and the experienced instructors; you provide the date, time, and group!

More info at (434) 455-5858 or visit [www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com)

## LEGEND

### Community Centers

1. Miller Center • 301 Grove St
2. Templeton Senior Center • 225 Wiggington Rd
3. Art Studio at Jackson Hts • 720 Winston Ridge Rd
4. Fairview Center • 3621 Campbell Ave
5. College Hill Center • 811 Jackson St
6. Daniel's Hill Center • 317 Norwood St
7. Diamond Hill Center • 1005 17th St
8. Jefferson Park Center • 405 York St
9. Yoder Center • 109 Jackson St

### Parks

10. Biggers Park • 501 5th St
11. Blackwater Creek Athletic Area  
515 Monticello Ave
12. College Park • 101 Breckenbridge St
13. Fort Avenue Park • 4831 Fort Ave
14. Heritage Park • 557 Leesville Rd
15. Hollins Mill Park • 521 Hollins Mill Rd
16. Ivy Creek Park • 118 Clemmons Lake Pl
17. Jefferson Park • 405 York St
18. Lynchburg Dog Park • 515 Monticello Ave
19. Miller Park • 2100 Park Ave
20. Peaks View Park • 170 Ivy Creek Ln
21. Percival's Island Natural Area
22. Riverfront Park • 1100 Jefferson St
23. Riverside Park • 2238 Rivermont Ave
24. Sandusky Park • 5805 Rhonda Rd
25. Westover Park • 3117 Memorial Ave
26. Younger Park • 2338 Light St

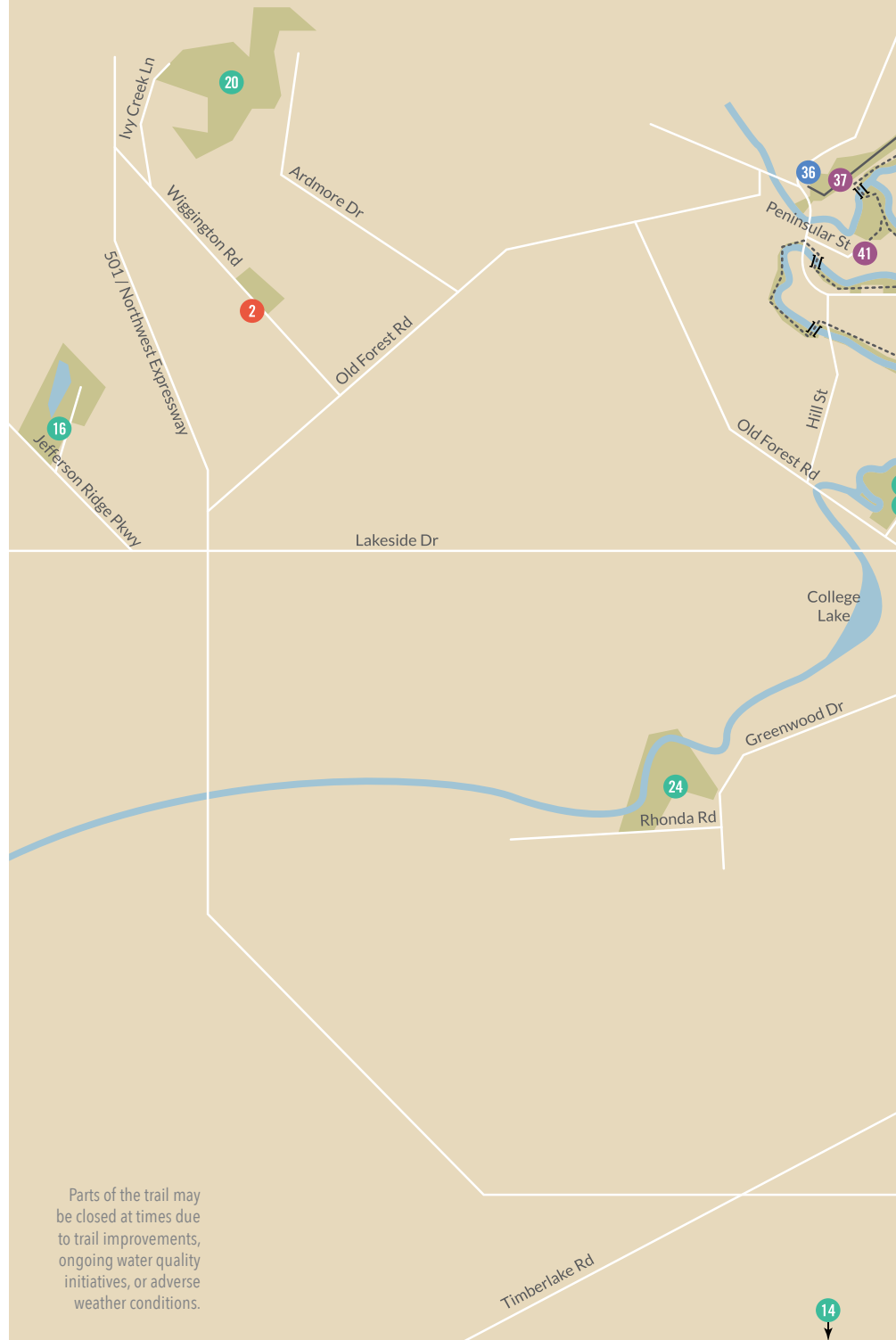
### Facilities

27. Miller Park Pool • 2100 Park Ave
28. Riverfront Fountain • 1100 Jefferson St
29. Riverside Park Sprayground  
2238 Rivermont Ave
30. The Aviary • 420 Grove St
31. Community Market • 1219 Main St
32. The Armory • 1219 Main St
33. Lynchburg Museum • 901 Court St
34. Point of Honor • 112 Cabell St
35. The Nature Zone • 301 Grove St
36. Awareness Garden • 1700 Langhorne Rd

### Trails

37. Blackwater Creek Bikeway (paved)
38. Kemper Station Trail (paved)
39. Point of Honor Trail (paved)
40. Riverwalk (paved)
41. Connector Trails (unpaved)
42. Creekside Trail (unpaved)
43. Beaver Trail (unpaved)
44. Freer Loop Trail (unpaved)

# Lynchburg Parks and Recreation PARKS, TRAILS, AND FACILITIES





Looking for more in-depth info on our trails? Pick up one of our NEW trail maps at any Parks and Recreation facility, or at one of our many trail kiosks!



## crafts

### No Mess for Mom! Open Art Play Day

*Ages 2 to 5*

Help your little one play. Explore creativity stations set up to encourage your child to move. Age-appropriate mediums available and supervised by an interactive art instructor to help bring out your child's inner artist. Parent supervision, interaction, and assistance required. Masterpieces can be taken home. Register by the Monday before.

\$8.00 per child

Miller Center Classroom 304		Michelline N Hall
Th 9/10	10:00am - 11:00am	24002.310
Th 10/8	10:00am - 11:00am	24002.320
Th 11/12	10:00am - 11:00am	24002.330
Th 12/10	10:00am - 11:00am	24002.340

### Animal Theme Art - 3 day class

*Ages 3 to 6*

Fun with animals 3-part series art exploration class! Youth focus on different types of animals living on the farm, in the jungle, and in the woods while learning to use age appropriate art mediums. Register by 9/7.

\$20.00 LR / \$32.00

Miller Center Classroom 304		Michelline N Hall
M-W 9/14 - 9/16	4:00pm - 5:00pm	24002.311

### Multicultural Art

*Ages 7 to 10*

Budding artists explore a wide range of cultural art from African American, Native American, and American art styles using a variety of paints and clay in this one week class. Register by 10/12. Don't forget! City schools are closed this week.

\$30.00 LR / \$45.00

Miller Center Classroom 304		Michelline N Hall
M-F 10/19 - 10/23	3:00pm - 4:00pm	24002.321

### Pop Art: Comic Book Theme

*Ages 11 to 14*

Three day pop art class will focus on drawing your child's favorite comic book heroes using pencil and crayon art. Register by 10/26.

\$20.00 LR / \$32.00

Miller Center Classroom 304		Michelline N Hall
M-W 11/2 - 11/4	4:00pm - 5:00pm	24002.331

### Scrapbooking: An Introduction

*Ages 18 +*

Create your own scrapbooking page while learning the basic techniques. Students will receive a 12x12 sheet of scrapbooking paper along with a plastic cover and other basic supplies. Students should bring their own photos and are encouraged to bring their own stickers, colored paper, and scrapbooking tools if desired. Register by 9/14.

\$5.00

Templeton Senior Center		Krista Johnson & Marsha Berry
W 9/16	1:30pm - 2:30pm	74406.311

## Fall Grapevine Door Decoration

*Ages 18 +*

Create a new twist on a conventional fall wreath as you incorporate a variety of elements to decorate your door or wall. Students should bring wire cutters, scissors, garden snippers, and glue gun. All other materials furnished. Register by 9/4.

\$35.00 LR / \$50.00

Miller Center Classroom 306		Sue Matherly
Th 9/10	9:30am - 11:00am	22201.322

## Crafting with Gourds Demo

*Ages 18 +*

Watch as Mike Connolly demonstrates the process of making something extraordinary out of humble gourds. FREE.

Templeton Senior Center		Mike Connolly
Th 9/10	10:30am - 11:30am	73001.310

## Wax Embossed Gourd Ornaments

*Ages 18 +*

Using simple tools and techniques to turn a humble gourd into a beautiful wax embossed ornament. An extra \$3.00 supply fee (paid on site, directly to the instructor) will cover 2 ornaments. Register by 10/5.

\$5.00

Templeton Senior Center		Mike Connolly
W 10/7	10:30am - 11:45am	73001.320

## Decorating Fun - Gourd "Bat" Pumpkins

*Ages 6 to 12*

Let your young one have fun decorating gourd-sized pumpkins to look like bats. All materials furnished. Register by 10/16.

\$10.00

Miller Center Classroom 306		Sue Matherly
Th 10/22	4:00pm - 5:00pm	29090.330

# Holiday Crafting Fun!

## Thanksgiving Centerpieces

*Ages 18 +*

Using both fresh and silk greenery and embellishments, create a beautiful holiday centerpiece to adorn your Thanksgiving table. Students should bring scissors, needle-nose pliers and garden snippers. Register by 11/17.

\$35.00 LR / \$50.00

Miller Center Classroom 304		Sue Matherly
M 11/23	6:00pm - 8:00pm	22201.330

## Holiday Sled Decorating

*Ages 18 +*

Transform your wooden sled into an outdoor holiday masterpiece as you decorate it with greenery, ribbon, lights and more. Student must furnish their own sled. Register by 12/2.

\$25.00 LR / \$38.00

Miller Center Community Room 102		Sue Matherly
Sa 12/5	10:00am - 11:30am	22201.341

## Fresh Greens Holiday Wreath

*Ages 18 +*

Create a beautiful holiday wreath using fresh greens, ribbon and your imagination. Students may bring seasonal items to add to the wreath. Please bring your scissors, needle nose pliers and garden snippers. Register by 12/4.

\$35.00 LR / \$50.00

Miller Center Classroom 304		Sue Matherly
M 12/7	6:00pm - 8:00pm	22201.340

## pinterest guru

Ages 13+

Pinterest Guru to the rescue! Have you ever wanted to try Pinterest but don't have the time to purchase supplies or need help? Learn what Pinterest is, how to find online, and how to create a project yourself. You're sure to leave this class with one of the most useful, hottest crafts of the season! All supplies provided. Project posted online closer to date. Register by the Friday before. \$20.00 LR / \$30.00



Miller Center Classroom 304

Jamie Carlund

W 9/16	1:00pm - 2:00pm	24001.310
W 10/21	1:00pm - 2:00pm	24001.320
W 11/11	1:00pm - 2:00pm	24001.330
W 12/16	1:00pm - 2:00pm	24001.340

## Beading With Jamie

Ages 18 +

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry. Register two days in advance.

\$10.00

Templeton Senior Center

Jamie Carlund

Tu 9/29	6:30pm - 8:00pm	73001.312
Th 10/15	10:30am - 12:00pm	73001.322
W 11/18	10:30am - 12:00pm	73001.332
Th 12/3	10:30am - 12:00pm	73001.342

## Stamping Fundamentals

Ages 18 +

Using simple tools you can create beautiful, handmade cards and crafts which express your personality. Let Debbie Naylor show you how in this introductory class. She will share lots of ideas to fuel your imagination and each participant will have the opportunity to make a couple cards to take home. Register by 9/11.

\$5.00

Templeton Senior Center

M 9/14	6:00pm - 7:00pm	73001.311
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## Intergenerational: Knitting a Scarf

Ages 6 +

Learn the basics of knitting as we make a scarf for the upcoming cold winter months. Yarn will be supplied, but please bring your own knitting needles, any size you prefer. This intergenerational class is designed for grandparents, parents, and children ages 6 and up. Register by 10/12.

\$5.00/person

Templeton Senior Center

W 10/14	3:00pm - 5:00pm	73004.321
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## dance

## Movin' to the Music

Ages 1 to 5

Your toddlers will learn to express themselves through music with fun and creative activities that include singing, dancing and games. Children are encouraged to wear their non-scary costumes to the last class. Register by 10/6.

\$15.00 LR / \$23.00

Miller Center Classroom 306

Shantilee Otey

Sa 10/10 - 10/31	10:30am - 11:15am	27004.320
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## Continuing Tap Dance Class

Ages 18 +

Tap into better health as you polish up the knowledge of tap steps that were learned in the Beginner Tap Dance class, as well as learning more tap combinations. Get your heart rate up and feet moving in this fun class. Register by the Friday before.

\$23.00 LR / \$35.00

Miller Center Classroom 207

Shantilee Otey

Tu 9/8 - 10/13	2:00pm - 3:00pm	27002.311
Tu 11/3 - 12/8	2:00pm - 3:00pm	27002.331

## Intermediate Tap Dance Class

Ages 18 +

Tap into better health as you polish up the knowledge of basic tap steps and add more tap combinations. Get your heart rate up and feet moving in this fun class. Register by the Friday before.

\$23.00 LR / \$35.00

Miller Center Classroom 207

Shantilee Otey

Tu 9/8 - 10/13	1:00pm - 2:00pm	27002.310
Tu 11/3 - 12/8	1:00pm - 2:00pm	27002.330

## Learn to Clog

*Ages 18 +*

Learn the fundamental steps of clogging, from which all other steps are formed. By the end of the class, students will know a short string of clogging combinations. Clogging shoes not required; any smoothed-sole, closed-toe shoe will work. Instructed by Carolyn Coffey, Kathy Pickard, and Michael Maupin. Register by 9/14.

\$23.00 LR / \$35.00

**Miller Center Classroom 304**

M 9/14 - 10/19	6:45pm - 7:30pm	27008.310
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## Beginner Clog

*Ages 18 +*

Beginner Clog is an extension of the Learn to Clog class. The fundamental clogging steps are reviewed and then used to build routines. Students will have learned at least one simple routine performed by clogging clubs by the end of the class. Clogging shoes not required; any smoothed-sole, closed-toe shoe will do. Instructed by Carolyn Coffey, Kathy Pickard, and Michael Maupin. Register by 10/26.

\$23.00 LR / \$35.00

**Miller Center Classroom 306**

M 10/26 - 12/7	6:45pm - 7:30pm	27008.320
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## painting

## Drawing & Painting

*Ages 8 to 12*

Let your child explore the world of painting as they learn basic techniques using watercolor paint and their great imagination! Register by the Friday before.

\$15.00 LR / \$23.00

**Miller Center Classroom 304**

**Gulshan Ari**

W 9/16 - 9/30	6:30pm - 7:30pm	29090.310
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W 10/14 - 10/28	6:30pm - 7:30pm	29090.320
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## Beginning Oil Painting

*Ages 18 +*

Learn the basics of oil painting as the instructor introduces color mixing, techniques and application. Students should bring an 11X14 canvas and their own brushes. Register by 9/4.

\$50.00 LR / \$65.00

**Miller Center Classroom 304**

**Betty J Leary**

W 9/9 - 9/30	9:30am - 11:30am	23002.313
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## Oil Painting Basics

*Ages 18 +*

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. This three-session class will focus on adding elements each week to complete a scene found in the Central Virginia area. Students should bring their 11X14 canvas and oil painting brushes. The final class can be for completing your picture or adding the finishing touches on a painting from a previous class. Register by 10/2.

\$35.00 LR / \$50.00

**Templeton Senior Center**

**Rodney P Laughon**

Tu 10/6 - 10/20	6:30pm - 8:30pm	74400.321
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## Oil Painting Express

*Ages 18 +*

Learn to mix colors and incorporate basic design elements as you paint a beautiful landscape. In this single class painters will complete a scene from Central Virginia. Students should bring their 11X14 canvas and oil painting brushes. Register by 11/30.

\$30.00 LR / \$45.00

**Templeton Senior Center**

**Rodney P Laughon**

W 12/2	1:00pm - 4:00pm	74400.341
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## Next Step in Oils

*Ages 18 +*

Students will review the basics of oil painting as they continue to learn composition, color and techniques. Students should bring an 11X14 canvas and their own brushes. Register by 10/5.

\$50.00 LR / \$65.00

**Miller Center Classroom 304**

**Betty J Leary**

W 10/7 - 10/28	9:30am - 11:30am	23002.322
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## Tips and Tricks for Oil Painters

*Ages 18 +*

Bring your work in progress or start something new while you enjoy painting with friends. The instructor is available to provide direction, critique your work, and coach. Students should bring their own canvas, paints, and brushes. Register by the Friday before.

\$48.00 LR / \$63.00

**Miller Center Classroom 304**

**Betty J Leary**

Tu 9/15 - 10/6	6:30pm - 8:30pm	23002.310
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Tu 10/13 - 11/3	6:30pm - 8:30pm	23002.320
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## Intro to Watercolors for Beginners

*Ages 18 +*

Start at the very beginning to learn step by step techniques and terminology in this introduction to watercolors. Students should bring: pointed round sable brushes #4 and #6 and a small scrubber brush. Register by 9/8.

\$70.00 LR / \$85.00

Templeton Senior Center	Virginia Klute
Th 9/10 - 10/1	1:00pm - 4:00pm 74401.310

## Watercolor Basics: Flowers

*Ages 18 +*

Beginners to intermediate level painters will learn how to work from light to dark, layer and blend colors and add depth to a painting as they paint a different flower each week. Get tips on how to avoid and correct mistakes. Students should bring their own watercolor brushes. Register by 10/6.

\$50.00 LR / \$65.00

Templeton Senior Center	Betty J Leary
Th 10/8 - 10/29	6:30pm - 8:30pm 74401.324

## Watercolor Express

*Ages 18 +*

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their own brushes. Register by 9/25.

\$15.00 LR / \$23.00

Templeton Senior Center	Betty J Leary
Tu 9/29	1:00pm - 4:00pm 74401.311

## Botanicals Watercolors - 3 Hour

*Ages 18 +*

In this introductory class, students will focus on pencil drawing and sketching, use of color, perspective, and depth as they relate to watercolor painting. Students should bring: pointed round sable brushes #4 and #6 and a small scrubber brush. Optional: bring your own goose neck light. Register by 10/6.

\$70.00 LR / \$85.00

Templeton Senior Center	Virginia Klute
Th 10/8 - 10/29	1:00pm - 4:00pm 74401.321

## Botanical Watercolors - 2 Hour

*Ages 18 +*

Explore the world of botanicals as you use watercolors to bring your picture to life. Students should bring their watercolor brushes including pointed round sable brushes #4 and #6, and a small scrubber brush. Optional: bring your own goose neck light. Register by 9/3.

\$50.00 LR / \$65.00

Miller Center Classroom 304	Virginia Klute
Tu 9/8 - 9/29	1:00pm - 3:00pm 23003.310

## Painted Glass Ornaments

*Ages 18 +*

Express your creative side as you hand-paint Christmas designs on delicate glass ornaments. Register by 12/4.

\$10.00

Templeton Senior Center	Linda Duff
M 12/7	6:30pm - 8:30pm 74400.330

## Painting on Metal

*Ages 18 +*

What do you do with old, dull saw blades or cookie tins after the cookies are gone? Using metal as our canvas, we will paint a scene on a small saw blade, cookie tin or other small metal surface you wish to bring. All paint supplies will be furnished. Register by 10/16.

\$10.00

Templeton Senior Center	Linda Duff
M 10/19	6:30pm - 8:30pm 74400.320

## Slate Welcome Sign

*Ages 18 +*

Create your own personalized slate "Welcome" sign. The stencils, paint, brushes and slate are furnished. Register by 9/18.

\$12.00 LR / \$18.00

Templeton Senior Center	Linda Duff
M 9/21	6:30pm - 8:30pm 74400.310

## Meet the Artist: Amanda Sandos

*Ages 18 +*

Meet Amanda Sandos, zoologist turned artist, and see some of her extraordinary paintings. FREE.

Templeton Senior Center	
Tu 9/15	10:30am - 11:30am 73003.314

## stained glass

### Stained Glass Panel

*Ages 18 +*

Learn to cut, grind and solder to create a colorful window hanging. Register three days prior to class.

\$90.00 LR / \$105.00

**The Art Studio**

**Carter Martin**

Th 9/3 - 10/22	6:30pm - 8:30pm	63600.311
Th 10/29 - 12/17	6:30pm - 8:30pm	63600.321

## pottery

### Pottery: Beginning Handbuilt & Wheel

*Ages 18 +*

Learn to make clay pottery using both hand-forming and wheel-throwing techniques. Students have a free hand in choosing their work and pieces. Register one week prior to start date of class.

\$88.00 LR / \$103.00

**The Art Studio**

**Gail Speidell**

Tu 10/27 - 12/15	9:00am - 12:00pm	26000.310
W 10/28 - 12/16	6:00pm - 9:00pm	26000.311

### Magic Tree House Elementary Musical Theatre Camp

*Ages 5 to 11*

MasterWorx presents the "Magic Tree House," an elementary musical camp designed for K-5th graders. Camp consists of four classes and two performances on Saturday, October 10th (9:30am and 11:00 am). Tickets sold at the door, \$5.00. Register by 9/5 for camp.

\$150.00 LR / \$165.00

**Miller Center Theater and Room 207**

Sa 9/12 - 10/10	9:00am - 12:00pm	21201.310
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### Fame Jr. Middle/High School Musical Theatre Camp

*Ages 12 - 18*

MasterWorx presents "Fame Jr Middle/High School Musical Camp" designed for 6th to 12th graders. This is an eight week camp with three performances on Saturday, January 23rd (11:00am, 2:00pm, and 7:00pm). Performance tickets sold at the door, \$5.00. Register by 11/7. Note: no class on 11/14, 11/28, and 12/26.

\$200.00 LR / \$215.00

**Miller Center Theater and Room 207**

Sa 11/7 - 1/23	9:00am - 12:00pm	21201.330
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# THEATRE AT MILLER CENTER



## Lynchburg Parks and Recreation Neighborhood Centers



Stop by your Neighborhood Center to pick up a full calendar of activities



### DIAMOND HILL CENTER

1005 Seventeenth Street (434) 847 - 1409

Built on the site of the former Marce T. Jones Elementary School, this location has long-held significance to the community. The grounds were recently renovated, and today this familiar center is abuzz with activities for friends and neighbors of all ages. Featured Programs: Preschool Play Group, After-School, Teen Night, Senior Recreation Shuffle, Soul Slide-Dancing Classes.

### JEFFERSON PARK CENTER

405 York Street (434) 847-1405

With an expansive campus, Jefferson Park Center is home to tennis courts, an outdoor basketball court, and an athletic field – perfect for throwing discs, flying kites, or playing ball. Terraced seating overlooking the field recalls that this park has been a staple in the community for decades. Featured Programs: After-School, Teen Night.

### FAIRVIEW CENTER

3621 Campbell Avenue (434) 847 - 1751

This active center is conveniently located off Campbell Avenue, a busy Lynchburg corridor, and features a large campus - with classrooms, ceramics studio, tennis/pickleball, and basketball courts, field space, a playlot, an archery range, and picnic grounds. Featured Programs: After-School, School's Out, Expanded Senior Schedule.

### COLLEGE HILL CENTER

811 Jackson Street (434) 847 - 1418

Situated in the heart of the City, College Hill Center is compact, energetic, and serves as a recreation hub for busy people on the move. Catch a spirited game of basketball on the court, or a two-hand touch football match on the front lawn. Featured Programs: After-School, Teen Night, Senior Recreation Shuffle.

### DANIEL'S HILL CENTER

317 Norwood Street (434) 847 - 1396

Conveniently located off Rivermont Avenue in the Historic Daniel's Hill Neighborhood, the Center is just steps away from the Point of Honor Museum and the Blackwater Creek Trail. Featured Programs: After-School, Preschool Play Group, School's Out, Senior Recreation Shuffle.

### YODER CENTER

109 Jackson Street (434) 847 - 1645

This vibrant and engaged center offers programs for youth, adults, and families. Located near the Fifth Street Business District, and close to the Blackwater Creek Trail, there's always adventure in store at this recently renovated center. Featured Programs: After-School, Teen Night, Senior Recreation Shuffle.

# Featured Programs

AT THE NEIGHBORHOOD CENTERS

## Preschool Play Group

*Birth to age 5 with adult caregiver*

In partnership with Lynchburg City Schools, select centers offer Play Group, a positive educational experience for child/caregiver and to establish a peer-support network for parents, in the comfort of the neighborhood. FREE.



**10:00am-11:30am**

Daniel's Hill Center	W 9/9-5/25	67100.302
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Diamond Hill Center	Tu 9/8-5/24	66100.302
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## After-School Program

*Ages 6 to 17*

On weekdays after school, the neighborhood centers focus on growing children through active play, homework help, snack, and enrichment activities. Youth ages 6 to 12 may participate in the program. Teenagers age 13-17 may participate as Teen-Leaders. Register your child at the neighborhood center of your choice. In session on school days only. FREE.

**8/24-6/9**

College Hill Center	3:00pm-6:00pm
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Daniel's Hill Center	3:00pm-6:00pm
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Diamond Hill Center	3:00pm-6:00pm
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Fairview Center	3:00pm-6:00pm
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Jefferson Park Center	3:00pm-6:00pm
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Yoder Park Center	3:00pm-6:00pm
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## School's Out!

*Ages 6 to 15*

Don't let your child become a couch potato when Lynchburg City Schools are out. We're open for a full-day of enriching activities for school-aged children. Pack a lunch and bring your child to the center for a day of indoor and outdoor play, games, and open recreation. Register now for a bundle of 15 Fall School's Out days - October through December.

\$100.00

**10/19-23, 11/2-3, 11/25, 12/21-23, 12/28-31**

Daniel's Hill Center	8:30am-5:30pm	67100.300
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Fairview Center	8:30am-5:30pm	63100.300
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## Teen Program

*Ages 13 to 17*

Exclusively for you, it's time for teen-only activities - inside and beyond the neighborhood. Compete in inter-center tournaments, get out and about on local excursions, and help design a schedule of featured activities. Your center, your time.

**September through May, 6:00pm-8:00pm**

College Hill Center & Jefferson Park Center	Wednesdays
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Diamond Hill Center & Yoder Center	Thursdays
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## Senior Recreation Shuffle

*Ages 65 +*

Get connected, get moving. Join this social and informational activity hub, with a variety of recreational choices. Connect with other seniors through ping-pong, billiards, or cards. Participate in featured activities, such as health screenings, popular Ten-and-Counting themed informational discussions, seasonal crafts, and a sampling of gentle movement choices.

**September through May**

College Hill Center	11:00am-1:00pm	Mondays
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Daniel's Hill Center	11:00am-1:00pm	Tuesdays
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Diamond Hill Center	11:00am-1:00pm	Thursdays
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Yoder Center	11:00am-1:00pm	Fridays
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Fairview Center	9:30am - 1:00pm	Mon, Wed, Fri
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## Soul Slide Dancing

*Ages 10+*

Want to get fit and have fun dancing at the same time? Join us as we learn a variety of social dances - slides and shuffles, set to soul and pop music. Great to know for wedding receptions, reunions, and other social events. Designed for adults. Children ages 10 and up may attend with their responsible adult caregiver. Bring water bottle and tennis shoes. \$2/week, payable on site.

**Diamond Hill Center**

M 9/14-5/23	6:00pm-7:30pm	66300.301
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# LYNCHBURG MUSEUM



The mission of the Lynchburg Museum System is to collect, interpret, and preserve the history and material culture of Lynchburg and surrounding area. The Museum has over 20,000 objects ranging from antique toys to quilts and from Civil War artifacts to thousands of historic photographs.

## FREE ADMISSION THROUGH LABOR DAY!



### Experience The James Now through Dec 31, 2015

Experience "America's Founding River", an exhibit that covers exploration of war, ecology, and more through art, archeology, and artifacts from museums across Virginia.



### Indians Along the James River: From Hunters and Gatherers to the Powhatan Chiefdom August 21 • 3:00 pm

Dr. Michael Barber, Virginia State Archaeologist, will speak on the Indian populations whose survival depended upon the James River. Exhibit tour to follow.  
\$10 / person, members free.



### The James River Squadron: A Short History of the Confederacy's Capital Navy October 22 • 3:00 pm

Dr. John Coski, Historian, The American Civil War Museum, will speak on the James River Confederate Navy Squadron and the naval war along the James. Exhibit tour to follow.  
\$10 / person, members free.



### Veterans Day November 11

Lynchburg Museum & Point of Honor will be open FREE to visitors from 10:00 am to 4:00 pm

Hours: Monday through Saturday 10:00 am to 4:00 pm, Sunday noon to 4:00 pm.

Closed New Year's Day, Thanksgiving Day, Christmas Eve, and Christmas Day.

Reservations, Tours & Special Programs: Whitney Roberts, Museum Educator, [whitney.roberts@lynchburgva.gov](mailto:whitney.roberts@lynchburgva.gov) or 434-455-4424.

Lynchburg Museum • 901 Court Street • Lynchburg, VA 24504

434-455-6226

[www.lynchburgmuseum.org](http://www.lynchburgmuseum.org)



# POINT OF HONOR



Point of Honor was built in 1815 by Dr. George Cabell, Patrick Henry's doctor, and is operated by the Lynchburg Museum System. The historic home is open seven days per week, with guided tours, gift shop, and special events throughout the year. The mission of Point of Honor is to engage and educate a diverse audience by collecting, preserving, and interpreting Lynchburg's history during the Era of Good Feelings, 1815-1830.

200th  
YEAR!

DAY <sup>AT THE</sup>  
POINT  
2015

## **Pressing Matters: Transforming Living Plants into Permanent Resources**

**September 19 • 3:00 pm**

Dr. Nancy Cowden, Curator of the Herbarium, Lynchburg College will hold a workshop at Point of Honor Carriage House on how to press your plants and save them. \$10 / person, members free.

## **Day at the Point**

**October 3, 10:00 am - 4:00 pm**

Join us for the 18th Annual Day at the Point celebrating Point of Honor's 200th year! This annual fall festival will bring living history, food, kids' games, antique cars, cider making, crafts, period music, and much more to the grounds! FREE.

## **Veterans Day**

**November 11**

Lynchburg Museum & Point of Honor will be open FREE to visitors from 10:00 am to 4:00 pm.

200th  
YEAR!



## **Christmas Open House**

**December 6, 12:00 pm - 4:00 pm**

Join us for our 33rd Annual Christmas Open House celebrating Point of Honor's 200th year! Decorated for Christmas 1815, Point of Honor will feature native greens, yule log, and Christmas customs of the day. Join us for period music in the parlor, hot cider and cookies in the Carriage House, and special sale in our Gift Shop. FREE.

**Hours:** Monday through Saturday 10:00 am to 4:00 pm, Sunday noon to 4:00 pm.

**Closed** New Year's Day, Thanksgiving Day, Christmas Eve, and Christmas Day.

**Reservations, Tours & Special Programs:** Whitney Roberts, Museum Educator, [whitney.roberts@lynchburgva.gov](mailto:whitney.roberts@lynchburgva.gov) or 434-455-4424.

Point of Honor • 112 Cabell Street • Lynchburg, VA 24504

(434) 455-6226

[www.pointofhonor.org](http://www.pointofhonor.org)



/LynchburgMuseum



/LburgMuse

# Enrichment

## Getting Paid to Talk-Voice Acting

Ages 18 +

Learn all about voice acting used in commercials, audio books, animation and training materials. Listen to demos from working professionals and record a script with a producer's direction. Register by 9/29.

\$18.00 LR / \$27.00

Miller Center Classroom 308

Tu 10/6	6:30pm - 8:30pm	29120.310
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## Digital Photography

Ages 18 +

This popular digital photography class will focus on taking black and white and colored photos in still life and outside landscape. Bring your digital camera and learn tips to take better pictures. Register by 9/26.

\$32.00 LR / \$47.00

Miller Center Classroom 308

Michelline Hall

Th 10/1 - 10/22	5:30pm - 7:00pm	24002.322
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## AARP Smart Driver Class

Ages 50 +

This eight-hour, newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! Fee is payable on site to AARP. Register 2 days before class.

\$15.00 AARP members/ \$20.00 non-members

Templeton Senior Center

W Th 9/23 - 9/24	1:00pm - 5:00pm	74001.310
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Sa 10/17	8:30 am - 5:00pm	74001.320
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## Bullying of Seniors: How to Recognize & What to Do

Ages 18 +

Deborah Bell, Community Outreach Coordinator with the Attorney General's office, shares a look at what happens when minor bullying of senior citizens turns into elder abuse and/or neglect. The program will cover definitions, signs and symptoms, and what to do if abuse is recognized. FREE.

Templeton Senior Center

Tu 9/22	10:30am - 11:30am	73003.323
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## Medicare Fraud

All Ages

Medicare Fraud: learn how to protect, detect and report it, should it happen to you. Presented by the Virginia Senior Medicare Patrol (Virginia SMP), a consumer education and information project. Their goal is to empower and assist Medicare beneficiaries, their families and caregivers. FREE.

Templeton Senior Center

Tu 10/27	10:30am - 11:30am	73003.320
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## games

### Bridge: Beginners Plus

Ages 18 +

Discover the fun of bridge as you continue to learn the basics of the card game. Beginners, with some playing experience, are invited to try their hand at this six-week class. Register by 9/14.



\$34.00 LR / \$49.00

Templeton Senior Center

Phyllis Moldenke

W 9/16 - 10/21	1:30pm - 3:30 pm	74002.311
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### Bridge: Intermediate

Ages 18 +

Continue learning the game of bridge as you build on your skills and improve your game. Some previous playing experience is necessary. Register by 9/11.

\$34.00 LR / \$49.00

Templeton Senior Center

Phyllis Moldenke

M 9/14 - 10/19	9:30am - 11:30am	74002.310
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## Mahjong Lessons

Ages 18 +

Learn this ancient Chinese tile game, similar to the Western card game rummy. Mahjong is a game of skill, strategy and calculation and involves a certain degree of chance. Register by 10/1.

\$10.00

Templeton Senior Center

Karen Bridgett

F 10/2 - 10/16	9:30am - 11:30am	73004.320
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## armchair travel

### Travel: Glimpses of Antarctica

All Ages

World traveler, Susan Timmons, shares a glimpse into a land so beautiful and distant. Enjoy the journey as you envision the power and intrigue of ice, light and the vast silence shared with penguins, orcas and other wildlife.

FREE

Templeton Senior Center Susan Timmons

Tu 9/29 10:30am - 11:30am 73003.310

### Travel: New Zealand

All Ages

Visit Christchurch, New Zealand: the Garden City, as Susan Timmons shares her tour of this beautiful area. You'll be amazed at the local efforts to make the area a garden showcase.

FREE

Templeton Senior Center Susan Timmons

Tu 10/20 10:30am - 11:30am 73003.321

### Travel: Borneo

All Ages

Susan Timmons takes you on a fascinating trip to the jungle home of Borneo's Orangutans. Learn more about the people of the forest and their disappearing world.

FREE

Templeton Senior Center Susan Timmons

Tu 11/17 10:30am - 11:30am 73003.340

## technology

### Introduction to Genealogy

Ages 18 +

Never has there been a better time to explore your roots. Everyday new information is being made available on the web. A limited number of computers will be available, bring your own laptop if possible. Class size is limited. Register by 9/24.

\$20.00 LR / \$30.00

Templeton Senior Center Marsha Berry

M 9/28 - 10/12 6:15pm - 8:00pm 74003.310

### Computer Basics: Intro to Facebook



Ages 50 +

Technology is becoming a vital part of today's society. Take advantage of this one-time class and learn how to create a Facebook account, find friends and family members, upload photos, and navigate through the website. Bring a notepad or better yet, bring your own laptop and follow along. Register by 9/1.

\$10.00

Templeton Senior Center Krista Johnson

Th 9/3 6:00pm - 8:00pm 74008.310

## Cookie Monsters

*Ages 4 to 5*

Children ages 4-5 will have a basic introduction to baking. We will learn basic kitchen safety, measurements, and a new cookie recipe each week. Register by a week prior.

\$6.00

Fairview Center Craft Room		Beth Jones
Tu 9/8 - 9/29	2:00pm - 3:00pm	63400.310
Tu 11/3 - 11/24	2:00pm - 3:00pm	63400.330

## Cupcake Making - Halloween Theme

*Ages 4 +*

Inspire the confectionary artist within. Budding bakers observe demos for ideas and then decorate cupcakes. Students learn how to properly use pipe frosting bags and trace intricate designs using melted chocolate. Children under age 8 will need parental assistance. Don't forget! City schools are ½ day on this day. Register by 10/9.

\$12.00 LR / \$18.00

Miller Center Classroom 304		Audra Rygh
F 10/16	2:00pm - 3:00pm	27006.323

## Smart Kids Kitchen Skills

*Ages 8 to*

This two-day class is geared to teach your kid their way around the kitchen. Participants focus on basic cooking skills, dining etiquette and general kitchen safety/sanitation measures. Your child will learn to create healthy snacks and meals with hands on experience. Materials provided and each day ends with a delicious snack made by your child. Let the fun begin! Register by 10/16. Don't forget! Lynchburg City Schools are out this week.



\$12.00 LR / \$18.00

Miller Center Community Room		Gulshan Ari
W Th 10/21 - 10/22	1:00pm - 2:30pm	27006.324



## COOKING WITH Virginia Cooperative Extension

*Jeannell Smith at Fairview Center*

## Nutrition and Healthy Cooking Series

*Ages 18 +*

This seven-week nutrition and cooking series will cover a variety of topics including shopping, meal preparation, and portion control. Each week will feature a different topic as well as a healthy snack to enjoy. Each participant will receive a free bag of healthy groceries to take home after each class. Register by 10/2. FREE.

W 10/7	Intro Lesson/My Plate	
W 10/14	Plan: What to eat?	
W 10/21	Shop for Value	
W 10/28	Fruits & Vegetables	
W 11/4	Fix it Safe	
W 11/11	Portion Control	
W 11/18	Smart Drinks & Sugar	
W 10/7-11/18	10:30am-11:30am	63400.320

*Susan Prillaman at Templeton Senior Center*

## Pressure Canning

*Ages 50 +*

Learn the skills and techniques necessary to pressure can your own vegetables and fruits. Register by 9/4.

\$5.00

Tu 9/8	6:00pm - 8:30pm	74005.311
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## Pumpkins

*Ages 50 +*

Pumpkins can be used for more than just a decoration. Learn some new recipes and develop ways to incorporate pumpkin into your cooking and baking. Register by 10/9.

\$5.00

Tu 10/13	10:00am - 11:00am	74005.321
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## All About Apples

*Ages 50 +*

Discover just how versatile the apple can be! Learn all about apples and how to cook and bake with different varieties. Register by 11/13.

\$5.00

Tu 11/17	10:00am - 11:00am	74005.331
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# Cooking with Marisa Jones



Chef Marisa Catalano Jones is a graduate of the Institute of Culinary Education in New York City. After working in two prominent New York restaurants; Tom Valenti's Oust and Rebecca Charles' Pearl Oyster Bar; Marisa started food styling for television. She worked with celebrity chefs at The Food Network, Discovery Home Channel, Fox and ABC. After returning to Virginia, she began teaching cooking classes in Charlottesville at The Seasonal Cook, The Charlottesville Cooking School and The Happy Cook. She currently does classes, events, specialty dinners and catering; she is also the chef at Elizabeth's Early Learning Center.



## Beginning Knife Skills



Yes! Healthy and delicious meals can be quick when knife cutting skills are applied. This hands-on participation class focuses on the fundamentals of owning and using a chef knife. Topics include care of a knife and cutting accessories, demonstration, participation in basic cuts and techniques, and execution of a recipe using the presented skills. Learn kitchen basics: dicing, pairing, slicing, and fileting techniques. An Italian-style bread salad will be created from vegetables used during the class and served at the end. See receipt notes for supplies. Register by 9/18. **\$46.00 LR / \$61.00**

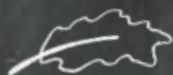
W 9/23

6:00pm - 8:00pm

27006.310

Miller Center Community Room

## Fall Soups



Experience exceptional tasting soups to impress family and friends. Learn to fix classic Italian minestrone, creamy potato leek and spiced pumpkin soups. Instructor demonstration, student participation and yummy samples to taste. See receipt notes for supplies.

**\$46.00 LR / \$61.00**

Miller Center Community Room

W 10/7

6:00pm - 8:00pm

27006.320

## Italian Fall Menu



Here's an Italian feast from start to finish. Enjoy preparing fennel and orange salad with parmigiano-reggiano, florentine roast pork loin, rosemary potatoes and apple crostada a la mode. Instructor demonstration, student participation and mouthwatering samples to taste. Register by 10/23.

**\$46.00 LR / \$61.00**

Miller Center Community Room

W 10/28

6:00pm - 8:00pm

27006.321

## New Twist on Thanksgiving Sides

Spice up the holidays with tasty new gourmet side dishes for the Thanksgiving feast. Students prepare cranberry pomegranate terrine, mushroom & leek bread pudding, pickled root vegetables with goat cheese, balsamic roasted carrots and parsnips. Instructor demonstration, participation, and samples. Register by 10/30.

**\$46.00 LR / \$61.00**

Miller Center Community Room



W 11/4

6:00pm - 8:00pm

27006.331

## Festive Holiday Hors D'Oeuvres

Step out of your comfort zone and try some new recipes guaranteed to bring you rave reviews. Enjoy making and tasting Brie en Croûte with cherries and pistachios, smoked salmon and potato pancakes with dill Crème Fraiche, beets and goat cheese in endive leaves, and bacon-wrapped blue cheese stuffed dates. Instructor demonstration, student participation and gourmet samples to taste. Yum! Register by 11/25.

**\$46.00 LR / \$61.00**

Miller Center Community Room



W 12/2

6:00pm - 8:00pm

27006.342

# Improvement Projects —

*At Lynchburg Parks & Recreation, we understand just how important our facilities, parks and trails are to the Lynchburg community. As a reflection of that, we work to consistently develop improvement projects that satisfy the needs and wants of our community. Here is just a brief overview of some of our current parks, trails and facilities improvement projects. If you'd like to learn more, please visit our website.*

## Improvements to Riverside Park

Lynchburg residents know this park well. It's where we take our children during the heated summer months to play in the sprayground, where we attend free yoga in the park on Saturdays, and where we go to view the cherry blossoms bloom in the spring. Riverside Park is a staple in the Lynchburg community, so Lynchburg Parks & Recreation is working to upgrade, restore, maintain and preserve it for your families and friends to continue enjoying over the years.

Check out the map below to see what's on our list of Park improvements for Riverside Park, or visit our website to learn more about each item on our list.



*Enhancements to the existing train exhibit include a new pavilion over the train for protection, an elevated boardwalk, and a new pedestrian path from the Sprayground to the train exhibit.*

### Park Improvements Legend

- 1 Revamping the Entrance
- 2 Preserving the Grove
- 3 Constructing the Amphitheater
- 4 Refurbishing the Train
- 5 Maintaining the Alpine Trail
- 6 Restoring the Stone Overlook
- 7 Improving the East Slope
- 8 Upgrading the Tennis Courts



## City Stadium Improvements

The Football Complex at City Stadium is getting a face lift of significant proportions.

If you have visited the Football Complex in the last few months, you may have noticed the upgraded field and polished walking track. But, you may not have noticed the new stormwater collection system and electrical and communications wiring. All of these recently completed improvements were part of Phase One of the Master Plan for the Football Complex.

Phase Two of the City stadium improvements will tackle the stadium's main entrance while adding much needed team facilities behind the home side press box. By August 2016, the main entrance will have a fresh look and include a ticket booth, men's and women's restrooms, and one of two new concession facilities. The team locker rooms will be part of a two-story addition behind the home side press box. Also in phase two, the scoreboard will be replaced with one that includes video capabilities and audio system.

Our hopes are that the refurbished stadium will have quality facilities, provide the local teams with a stadium they can be proud to call home, and enhance the fan experience. Make sure to stay tuned for updates on Phase Three of the City Stadium Improvement Projects.



Rendering for new City Stadium Football Complex entrance

## Creekside Trail Improvements

Lynchburg Parks & Recreation is currently working to extended Creekside Trail through the Lynchburg College campus, across College Lake and up a hillside to the Shirley Road cul-de-sac.

In late June of this year, members of the Trailblazers program - selected high school students, parks personnel, and school resource officers - worked together to layout mileage along the trail and install mile markers along the active part of the trail. Each marker will be equipped with a number that can be used to identify your location to emergency personnel if necessary.

The Creekside Trail improvements will be complete by July 1, 2016. For more information, visit our website, [www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com).





Share your adventures  
with us by using the  
#LynchburgParksRec  
hashtag!



# Planning a party or event?

Lynchburg Parks and Recreation  
rents out many of its facilities for  
all kinds of occasions and functions:  
birthday parties, family reunions,  
weddings, business meetings,  
community meetings, picnics, and  
more.

From the Aviary in Miller Park,  
to picnic shelters, to community  
centers, we've got you covered.

Learn more at  
[www.LynchburgParksAndRec.com](http://www.LynchburgParksAndRec.com)  
or call (434) 455-5858

The Aviary, Miller Park